



## **One Goal-Healthy Kids**

### **How You Can Create a Healthy School Environment**

Everyone is increasingly aware that childhood overweight has become a national focus. Your involvement can help reverse this trend in your school and community. The Bureau of Nutrition Programs and School Transportation, Iowa Department of Education and Iowa Partners: Action for Healthy Kids are offering school and community partners an opportunity to participate in a workshop to learn what can be done on a local level.

The goals of the workshop are to help community partners, health leaders, FCS teachers, physical education teachers, food service directors, parents, school board members, and school staff to identify resources, receive technical assistance for Local Wellness Policy development, and learn about ideas from other schools that work to provide healthier environments for our children. Working together communities and schools can create a healthier nutrition and physical activity environment.

A part of the workshop will provide Community and School Partners with breakout sessions to address the four areas of School Wellness Policy: 1) nutrition standards, 2) physical education/activity, 3) nutrition education, and 4) other foods sold on school campus. Teams will be also be provided time to work on local goals, school policy development, and Team Nutrition activities. School teams will also be eligible to apply for a Team Nutrition mini-grant for \$500. **Teams attending with three or more members will be eligible to receive bonus resources to support healthy eating and being active.**

**The workshop will be on July 11, 2006,  
at the Scheman Center on Iowa State University campus in Ames.  
8:00 a.m. registration; 8:30 a.m. -2:30 p.m. workshop**

**There is no charge for this workshop, but pre-registration is needed by May 11<sup>th</sup>.**

\*Credit will be available for certified ISFSA/SNA members and nursing CEU's has been applied for by IBON #94 for .6 credits.

The workshop will start at 8:30 AM and end promptly at 2:30 PM. Registration will begin at 8:00 AM. Snack and lunch will be provided for all workshop participants. The registration form is available at the Bureau of Nutrition Programs and School Transportation website under the Training sidebar:

<http://www.state.ia.us/educate/ecese/fn/>.

This opportunity is made available through the Iowa Department of Education with support and guidance from the Iowa Partners: Action for Healthy Kids. The Iowa Department of Education is covering conference costs with funds from a U.S. Department of Agriculture Team Nutrition training grant. If you have questions or are unable to attend this workshop, but would like to have information about becoming a Team Nutrition school, please contact Janet Wendland at [janet.wendland@iowa.gov](mailto:janet.wendland@iowa.gov).